



## **Health Education Classes for Outpatients**

iRest Yoga Nidra Group ClassesTuesday, Wednesday, ThursdayDrop inGentle Yoga Group ClassesTuesday, Wednesday, ThursdayDrop inAuricular Acupuncture GroupTuesday and ThursdayDrop inTailored Auricular Acupuncture GroupTuesdayDrop inNutritional Psychology GroupThursday12 week programHealth Education GroupThursday8 week programQigong GroupThursdayDrop inT'ai Chi GroupWednesdayDrop inMindfulness Based Stress Reduction GroupWednesday8 week programDiabetes EducationWednesday8:00aYellow clinicBlood Glucose Monitoring GroupMonday, Thursday and Friday8:00aYellow clinicBlood Glucose Monitoring Group ClassesTuesday, Thursday and FridayYellow clinicBlood Glucose Monitoring Group ClassesTuesday, Thursday and FridayYellow clinic											
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Auricular Acupuncture Group Tuesday and Thursday Drop in Tailored Auricular Acupuncture Group  Nutritional Psychology Group Thursday Health Education Group Tinusday Qigong Group Thursday Drop in Health Education Group Thursday Qigong Group Thursday Drop in Ti'ai Chi Group Mindfulness Based Stress Reduction Group  Diabetes Education  Blood Glucose Monitoring Group Classes Monitoring Group Tuesday and Friday Tiesday Tlesday Tuesday and Tuesday Tlesday Tlesday Tlesday Tlesday Tlesday Tuesday and Tuesday Tlesday Tuesday Tues											
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Health Education Group  Gigong Group  Thursday  T'ai Chi Group  Mindfulness Based Stress Reduction Group  Blood Glucose Monitoring Group  Classes  Monitoring Group  Friday  Classes  Tuesday, Thursday and Monitoring Group  Friday  Monitoring Group  Friday  Classes  Tuesday, Thursday and Monitoring Group  Classes  Tuesday, Thursday and Monitoring Group  Classes  Monitoring Group  Friday  Tuesday, Thursday and Monitoring Group  Friday  Tuesday, Thursday and Monitoring Group  Classes  Monitoring Group  Friday  Tuesday, Thursday and Monitoring Group  Classes  Monitoring Group  Friday  Tuesday, Thursday and Monitoring Group  Classes											
Realth Education Group   Thursday   Sweek program   X58249 or (202)745-8249											
T'ai Chi Group Wednesday Drop in  Mindfulness Based Stress Reduction Group  Diabetes Education  Blood Glucose Monitoring Group Classes  Blood Glucose Monitoring Group Friday Tuesday, Thursday and Monitoring Group Classes  Monitoring Group Friday Tuesday, Thursday and Monitoring Group Classes  Monitoring Group Friday Tuesday, Thursday and Monitoring Group Classes  Monitoring Group Friday Tuesday, Thursday and Monitoring Group Classes  Monitoring Group Friday Tuesday, Thursday and Monitoring Group Classes  Monitoring Group Friday Tuesday and Yellow clinic Tuesday Classes											
Mindfulness Based Stress Reduction Group  Diabetes Education  Blood Glucose Monitoring Group Friday 8:00a  Classes  Monitoring Group Friday 1:00p											
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Blood Glucose Monday, Thursday and Friday 8:00a Yellow clinic  Blood Glucose Friday 8:00a  Blood Glucose Tuesday, Thursday and Friday 1:00p  Classes  Tuesday, Thursday and Friday 1:00p  Classes											
Blood Glucose Monday, Thursday and Friday 8:00a Yellow clinic Glucose Meter is given out only during the class  Blood Glucose Tuesday, Thursday and Friday 1:00p Yellow clinic Yellow clinic											
Monitoring Group ClassesFriday8:00aYellow clinicBlood Glucose Monitoring Group ClassesTuesday, Thursday and Friday1:00pYellow clinic											
Classes  Blood Glucose Monitoring Group Classes  Tuesday, Thursday and Friday  1:00p  Yellow clinic  Glucose Meter is given out only during the class  Yellow clinic											
Blood Glucose Tuesday, Thursday and Friday 1:00p Yellow clinic Only during the class											
Monitoring Group   Friday   1:00p   Yellow clinic     Classes											
Classes											
Diabetes NutritionWednesday2:00pYellow clinic											
Diabetes NutritionTuesday &Thursday10:00aYellow clinicWalk-Ins welcomed											
Diabetes Education for   1:1 counseling     By   Consult required											
Visually Impaired appointment											
Diabetes Insulin1:1 counselingByPlease contact Mrs. D. Felix											
Training appointment NP or Mrs. B. Cockerill NP											
Women's Diabetes 4th Wednesday 8-9:30a Women's Walk-Ins welcomed											
Education Health Clinic											
Impotence Devices: Class is held once per month. Veteran to call Device is given out ONLY during the class											
Prosthetics Consult for an appointment. (202) 745-8000 ext. 54044.											
required  Nutrition Pichetic Class Thursdays 144:20s Board 40:104 and Talabas life to Consult on referral from											
Nutrition Diabetic Class Thursdays 11:30a Room 1C101 and Telehealth to Consult or referral from											
(CVT) Telehealth Charlotte Hall CBOC Provider  Smoking Cessation (Quit Smoking) Classes											
Tuesday 9:00a Room 1C 117 &Telehealth to Greenbelt and Prince Call to register:											
Breathe Easy - Live George CBOC's Call to register.											
Smoke Free Other resources: 202-743-0000											
Smoking Cessation • 1855 QUIT VET											
Program • texting program: text VET to 47848											
• www.smokefree.gov/VET											
Cancer Education and Support											
LESTICAL EDUCATION & ENGLIS A EDUCIO EL 119 EL 2010 EL INDIO TO ONVIVATACION MINO LE MONDOCON MINO											
Cancer Education & Support GroupSecond & Fourth Wednesday10a -11a Conference2CN ConferenceOpen to any Veteran who is diagnosed with cancer. Walk-ins welcome. Theresa Pinto RN ext.											

Nutrition and MOVE												
Managing Overweight/Obesity for		Multiple Days		Group or Telehealth			lth	Ngozi Baker (202) 745-8000 x55366 or				
Veterans Everywhere (MOVE)		Manapio Bayo			classes			MOVE Dietitian (202) 745-8190				
Managing Overweight/Obesity for		Monday		Indi	Individual			Veteran to call 202-745-2250				
Veterans Everywhere (TeleMOVE)		through Friday										
Nutrition Classes and/or Dietitian				PACT Clini		nics	cs Consult or re		eferral			
appointments												
Pain Management Class	es											
Chronic Pain-> Self-	Monda			2:30	p for	Room	Room 3B101 N		eurolog	у		
Management Group (CBT)		8 week				Clinic	Clinic			Re	Referral needed call A. Adams or C. Seebach for	
Chronic Pain-> Physical												
Therapy, Psychology Group												
CARF Intensive Pain	Thursda			veek	for 6					information x53050		
Management Program	Friday	weeks										
Living Life With Pain	Thursd	ay 1:00 p –		2p			Ft. Belvoir Confere		erence			
			Rm.					Consult required				
Women's Health Clinic -												
Diabetes Education	4th Wedne		8-9:30a	8-9:30a		Women's He		alth Awild		dina Figueroa-Sepulveda		
Pelvic Wellness	1st Wedne	1st Wednesday 2p			4	c- All are	e Ope	en Heather L		er L Maleck	L Malecki	
Meditation	Tuesdays		10:30a		Clas	ses	es		Antonia (Toni) Brown		own	
Breast Cancer Support	1st Wedne	sday	10a						Angela	ingela Knoll		
Women's Spirituality	Fridays	-ridays 2							Carol Ramsey-Lucas		ıcas	
Other Outpatient Classes												
Hepatitis C Education	Friday	Friday			10:00a –		3A1	A169 C		Consult re	Consult required	
_		•		11	11:30a		(3rd	3rd floor)		<u> </u>		
G.I. Pre-Colonoscopy Group	Monda	ay & Tuesday		12	2:30-2	:30p	3A169			Consult required		
Clinic	1st & 3r	1st & 3rd Wednesday		8:	8:30-10:30a		(3 <sup>rd</sup>	(3 <sup>rd</sup> floor)		By appointment only		
	Thursd	Thursday		8:	:30-10	:30a				Telehealth	elehealth PG CBOC	
GI Pre-Procedure Group	2nd & 4t	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday		8:	8:30 a- 103		3A169			Consult required		
Clinic									By appointment only			
Substance Abuse Rehabilita	tion Progra	ram (SARP)			Daily		SARP			Consult required		
		. 147			11.00.10.1		(3 <sup>rd</sup> floo		r)		202) 745-8336	
<b>Living with Heart Failure</b> 2 <sup>nd</sup> and		4 <sup>th</sup> Wednesday		11	11:00-12:00				No consult required. Call T.			
									Peyton 202-7452-2286 to			
F	/II. ( ·	•		المرابعة الم		Condition		schedule.				
Exercise and Heart Healthy Education (Heart Attack, Heart Surgery, or Lung Disease)					Individual and group classes				Consult or Self-ReferralJ.			
T'ai Chi Group	Tuesday			•	asses	GC120		0111	Misencik (202) 745-8635 Consult to Recreational			
i ai oili oloup		ruesuay			1:00 p			GC120		Therapy		
Coping with Vision Loss Sup	port	Wednesday		1:	1:00 p		GC204			Call Vision Rehabilitation		
Group	•				r				Clinic x56042 to join			
Blind and Visually Impaired Vetera		s 4 <sup>th</sup> Wednesday		1(	10:00am		BL105			Call Myisha Norris x 56282		
Support Group		<u> </u>							·			
Online Resources												
My HealtheVet	7 days/	week 2	24 hours/c	lay		www.m	<u>yheal</u> t	th.va	gov/			
/eterans Health Library 7 days/week					Veteranshealthli			brary.org				
Quit Tobacco		s/week 24 hours/day						ov/VET				
Health And Wellness	7 days/	7 days/week 24 hours/day			http://www.washingtondc.va.gov/welln					liness/		
VA eKidney Clinic		7 days/week 24 hours/day				http://www.va.gov/health/services/renal/					nal/	
Undate: 7/28/2014												

Update: 7/28/2014